5400 E Mockingbird Lane, # 207

Contemporary Ballet Dallas 2026-27 Schedule--Schedule August 17, 2026-- May 29, 2027
CLASSES IN STUDIO & ONLINE! Please note, this schedule is subject to change. Check website for current schedule!

www.schoolofcbd.com

Monday

Time	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
8:30AM					
9:00AM					
9:15 AM	SPINE SCHOOL 9:15-10:30am CAROLINE				
9:30AM					
9:45AM					
10:00AM					
10:15AM					
10:30AM	Somatics, Strength, Mobility Series 10:30-11:30am VINCENT starts 8/31				
10:45AM					
11:00AM					
11:15 AM					
11:30AM		Contemporary Int/ Adv Jazz 11:30am-1:00pm ELIJAH			
11:45AM					
12:00PM					
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1:30 PM					
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2:00 PM					
2:15 PM					
2:30 PM					
2:45 PM					
3:00 PM					
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM			4- 5 Yrs combo 4:00-4:50pm DANIELLE		
4:15 PM					
4:30 PM	Tap 2 4:30PM-5:30pm KEIRA	5- 6 Yrs Ballet Tap combo 4:30-5:30pm GRACE		Mini's Hip Hop (6-7yrs) 4:30-5:30pm RANYIA	3- 4 Yrs Ballet Tap combo 4:30-5:20pm FRANCES
4:45 PM			Youth Ballet A & B Co 5:00-6:15pm DANIELLE		
5:00 PM					
5:15 PM				Tap Cadets & Apprentice Ens 5:30-6:30pm KEIRA	
5:30 PM	Hip Hop 2 5:30-6:30pm RANYIA	Pre Level BALLET 5: 30-6:10pm FRANCES			Hip Hop 1 5:30-6:30pm GRACE
5:45 PM					
6:00 PM					
6:15 PM		Adult BASICS Ballet series 6:15-7:30pm VALYA	Youth Ballet Elite Co Ballet Tech & Pointe 6:15-7:30pm DANIELLE	Tap Senior App Ensemble 6:30-7: 30pm KEIRA	
6:30 PM	Hip Hop 3 6:30-7:30pm RANYIA				Youth Ballet A & B Co Jazz 6:30-7:30pm TERRELL
6:45 PM					
7:00 PM					
7:15 PM					
7:30 PM	Commercial Company 7:30-8:30pm RANYIA	Youth Ballet Elite Company Jazz & Adult Int/Adv Jazz 7:30-8:55pm TERRELL		Adult BASICS Tap Series 7:30-8:30pm TERRY	Adult Beginner Ballet 7: 30-9:00pm SIABHAN
7:45 PM					
8:00 PM					
8:15 PM					
8:30 PM					
8:45 PM					
9:00 PM					
9:15 PM					
9:30 PM					

Tuesday

Time	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
8:30AM					
9:00AM					
9:15 AM	YOGA BASICS 9:15-10:30am KATIE				Knaiseff Floor Barre 9:15-10:15am DEBORAH
9:30AM					
9:45AM					
10:00AM					
10:15AM					
10:30AM		Adult Int/ Adv Ballet 10:30am-12:00pm EILEEN			Adult BASICS Ballet series 10:30-11:45am DEBORAH
10:45AM					
11:00AM					
11:15 AM					
11:30AM					
11:45AM					
12:00PM					
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3:30 PM					
3:45 PM					
4:00 PM					
4:15 PM					
4:30 PM	Tap 1 4:45-5:45pm KEIRA	BALLET 3 4:30-5:30pm DANIELLE	3- 4 Yrs Ballet Tap combo 4:30-5:20pm LINDSEYJ	5-6 Yrs combo 4:30-5:30pm CARLY	BALLET 4-5 4:30-5:45pm ALLISON
4:45 PM					
5:00 PM					
5:15 PM		Youth Ballet Elite, A, & B Co Contemporary Lyrical Int/ Adv 5:30-7:00pm ELIJAH			
5:30 PM	Tap 4 5:45-6:45pm KEIRA			Jazz 3 5:30-6:30pm DANIELLE	Youth Ballet Apprentice Co Ballet 5:45-6:45pm ALLISON
5:45 PM					
6:00 PM					
6:15 PM		Youth Ballet Elite & A COMPANY Ballet Tech 7:00-8:30pm DANIELLE		Adult Intermediate Tap 6:30-7:30pm TERRY	
6:30 PM	CBD Tap Ensemble Juniors 6:45-7:45pm KEIRA				YB App Co Pointe 1 6:45-7:30pm ALLISON
6:45 PM					
7:00 PM					
7:15 PM					
7:30 PM	Tap 6--- 7:45-9:00pm KEIRA	Adult Int/ Adv Ballet 7:30-9:00pm EILEEN		Adult Beginner Tap 7:30-8:30pm TERRY	Youth Ballet Elite & A Co Ballet & Pointe 7:00-8:30pm ALLISON
7:45 PM					
8:00 PM					
8:15 PM					
8:30 PM					
8:45 PM					
9:00 PM					
9:15 PM					
9:30 PM					

Wednesday

Time	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
8:30AM					
9:00AM					
9:15 AM					
9:30AM				Parent & Me (18-24 mos) 9:30-10:15am VALYA	
9:45AM					
10:00AM				Creative Movement (2-3 yrs) 10:15-11:00am VALYA	
10:15AM					
10:30AM		Adult OPEN PRO & (Int/ Adv) Ballet 10:30am-12:00 pm DANIELLE			
10:45AM					
11:00AM					
11:15 AM					
11:30AM					
11:45AM					
12:00PM		Adult Lyrical Series Int/ Adv 12:00-1:30pm VINCENT starts 9/2			
12:15PM					
12:30PM					
12:45PM					
1:00 PM					
1:15 PM					
1:30 PM	Adult Grooves Series 1:30-2:30pm VINCENT starts 9/2				
1:45 PM					
2:00 PM					
2:15 PM					
2:30 PM					
2:45 PM					
3:00 PM					
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM	Pre Level BALLET 4:05-4:45pm CARLY				
4:15 PM					
4:30 PM	Pre Level TAP 4:45-5:25pm KEIRA	Ballet 1 4: 30-5:30pm VALYA	Ballet 4 & 5 Pre Pointe 4:30-5:30pm ALLISON	4-5 Yrs Ballet Tap combo 4: 30-5:20pm GRACE	Jazz 2 4: 30-5:30pm DANIELLE
4:45 PM					
5:00 PM					
5:15 PM	Senior Tap Ensemble 5:30-6:30pm KEIRA	Pointe 2 (YB B Co) 5:30-6:30pm ALLISON	JUNIOR ELITE CONCERT CO 5:30-6: 30pm DANIELLE	Jazz 1 5: 30-6:15pm CARLY	
5:30 PM					Ballet 2 5: 30-6:30pm VALYA
5:45 PM					
6:00 PM					
6:15 PM	JUNIOR PETITE CONCERT CO 6:30-7:45PM DANIELLE	Adult BASICS Ballet series 6: 30-7:45pm SIABHAN	Adult Beg/ Int Ballet 6:30-7:45pm VALYA	CBD Tap Ensemble Juniors 6:30-7:45pm KEIRA	Youth Ballet B & App Co Ballet 6:30-7:45pm ALLISON
6:30 PM					
6:45 PM					
7:00 PM					
7:15 PM	Adult Int-Int/Adv Theatre Jazz 7:45-9:00pm CARLY	Adult Beg/ Int Contemporary Modern 7:45-9:15pm JENNIFER M			Youth Ballet Elite & A Co Ballet Technique 7:45-9:15pm ALLISON
7:30 PM				Tap 5 7:45-8:45pm KEIRA	
7:45 PM					
8:00 PM					
8:15 PM					
8:30 PM					
8:45 PM					
9:00 PM					
9:15 PM					
9:30 PM					

Thursday

Time	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
8:30AM					
9:00AM					
9:15 AM					Knaiseff Floor Barre 9:15-10:15am DEBORAH
9:30AM					
9:45AM					
10:00AM					
10:15AM					
10:30AM		Adult Int/ Adv Ballet 10:30am-12:00pm EILEEN			Adult Beg/ Int Ballet 10:30am-12:00pm DEBORAH
10:45AM					
11:00AM					
11:15 AM					
11:30AM					
11:45AM					
12:00PM					Adult Pointe Class 12:00-1:00pm DEBORAH
12:15PM					
12:30PM					
12:45PM					
1:00 PM					
1:15 PM					
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2:45 PM					
3:00 PM					
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3:30 PM					
3:45 PM					
4:00 PM	PreLevel TAP 4:05-4:45pm KEIRA				
4:15 PM					
4:30 PM	Tap Cadets & Apprentice Ens 4:45-5:45pm KEIRA	BALLET 3 4:30-5:30pm DANIELLE	BALLET 4-5 4:30-5:45pm ALLISON	Hip Hop 1 4:30-5:30pm RANYIA	Pre Level BALLET 4:45-5:25pm VALYA
4:45 PM					
5:00 PM					
5:15 PM	Tap 3 5:45-6:45pm KEIRA	Youth Ballet Elite, A, & B Company Technique & Rehearse 5:45-7:30pm ALLISON		3- 4 Yrs Ballet Tap combo 5:30-6:20pm VALYA	Jazz 4-5 & YB APP Co Jazz 5:45--6:45pm DANIELLE
5:30 PM					
5:45 PM					
6:00 PM					
6:15 PM	Senior Tap Ensemble 6:45-8:00pm KEIRA			Adult BASICS Tap Series 6:30-7:30 TERRY	JUNIOR ELITE CONCERT CO 6:45-7:45pm DANIELLE
6:30 PM					
6:45 PM					
7:00 PM	Adult BASICS Jazz Series 8:00-9:00pm CARLY	Adult Int/ Adv Ballet 7:30-9:00pm EILEEN		ADULT TAP Int/ Adv level 7:30-8:30 TERRY	Youth Ballet Rehearsal 7:45-8:30pm ALLISON
7:30 PM					
7:45 PM					
8:00 PM					
8:15 PM					
8:30 PM					
8:45 PM					
9:00 PM					
9:15 PM					
9:30 PM					

Friday

Time	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
8:30AM					
9:00AM					
9:15 AM					
9:30AM					
9:45AM					
10:00AM					
10:15AM					
10:30AM		Adult Professionals Ballet (open to Adv Intermediate and up) 10:30am-12:00pm EUGENE			
10:45AM					
11:00AM					
11:15 AM					
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3:45 PM					
4:00 PM	Commercial Company 5:00-7:00PM RANYIA				
4:15 PM					
4:30 PM					
4:45 PM					
5:00 PM					
5:15 PM					
5:30 PM		Adult Intermediate Ballet 5:45-7:15pm EILEEN			
5:45 PM					
6:00 PM					
6:15 PM					
6:30 PM					
6:45 PM					
7:00 PM					
7:15 PM	Adult Int/ Adv Jazz 7:15-8:45pm TERRELL starts 10/2				
7:30 PM					
7:45 PM					
8:00 PM					
8:15 PM					
8:30 PM					
8:45 PM					
9:00 PM					
9:15 PM					
9:30 PM					

Saturday

Time	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
8:30AM					
9:00AM					Parent & Me (18-24 mos) 8:45-9:30am VALYA
9:15 AM				3-4 Yrs Ballet Tap Combo 9:10-10:00am LINDSEYJ	
9:30AM	Ballet 1 9:15-10:15am DANIELLE	Adult Intermediate Ballet 9:00-10:30am KIERA M.			Creative Movement (2-3 yrs) 9:30-10: 15am VALYA
9:45AM					
10:00AM				5-6 Yrs Ballet Tap Combo 10:00-11:00am LINDSEYJ	
10:15AM	Jazz 1 10:15-11:00am DANIELLE				Adult BASICS Ballet series 10:15-11:30am DEBORAH
10:30AM			4-5 Yrs Combo 10:30-11:20am VALYA		
10:45AM					
11:00AM	Ballet 2 11:00am-12:00pm DANIELLE				
11:15 AM					
11:30AM		Adult Int./Adv. Ballet 11:30am-1:00pm EILEEN		Teen Ballet (11-14 years) 11:20am-12:35pm VALYA	Adult Beginner Ballet 11:35am-1:00pm DEBORAH
11:45AM					
12:00PM	Jazz 2 12:00pm-1:00pm DANIELLE				
12:15PM					
12:30PM					
12:45PM				Contemporary Lyrical Beg/Int 12:35-1:35pm VALYA	
1:00 PM	HOLIDAY SHOW REHEARSALS SCHEDULE TBA	YOUTH BALLET Youth Ballet Elite & A Company class 1:00-2:30pm ALLISON/ DANIELLE			YOUTH BALLET B & APPRENTICE CO class 1:00-2:15pm
1:15 PM					
1:30 PM					
1:45 PM				Adult Pointe Class 1:35-2:15pm DEBORAH	
2:00 PM					
2:15 PM					
2:30 PM		Youth Ballet Elite & A Company Pointe 2:30-3:00pm ALLISON			Youth Ballet B & App Co Rehearse 2:15-4:00pm
2:45 PM					
3:00 PM					
3:15 PM		Youth Ballet Elite, A, B Company Rehearsals 3:15-5:00pm ALLISON			
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Sunday

Time	Studio 1	Studio	Studio 3	Studio 4	Studio 5
8:45 AM					
9:00 AM					
9:15 AM					
9:30 AM					
9:45 AM					
10:00 AM					
10:15 AM					
10:30 AM					
10:45 AM					
11:00 AM					
11:15 AM					
11:30 AM					
11:45 AM					
12:00 PM					
12:15 PM		ONCE A MONTH Adult WKSHP 12-1pm			
12:30 PM					
12:45 PM					
1:00 PM		Adult Ballet Open level (Beg/Int-Adv) 1:00-2:30pm EUGENE MARISA			
1:15 PM					
1:30 PM					
1:45 PM					
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6:00 PM					
6:15 PM					
6:30 PM					
6:45 PM					
7:00 PM					

Available space for Rentals/ Private Lessons

Indicates Classes for Adults

Please note that all levels are approx…your child will be placed in the level that suits ability & age. **Changes may be made to schedule at any time!